

## A. SERMON SLIDES

Slide 1: Title

How to Be Good at the Inner Life  
Selected Proverbs

Slide 2:

Proverbs 12:25 (ESV)

25 Â Anxiety in a man's heart weighs him down,  
but a good word makes him glad.

Proverbs 13:12 (ESV)

12 Â Hope deferred makes the heart sick,  
but a desire fulfilled is a tree of life.

Proverbs 14:10 (ESV)

10 Â The heart knows its own bitterness,  
and no stranger shares its joy.

Proverbs 14:13 (ESV)

13 Â Even in laughter the heart may ache,  
and the end of joy may be grief.

Proverbs 15:4 (ESV)

4 Â A gentle tongue is a tree of life,  
but perverseness in it breaks the spirit.

Slide 3:

Proverbs 14:30 (ESV)

30 Â A tranquil heart gives life to the flesh,  
but envy makes the bones rot.

Proverbs 15:13 (ESV)

13 Â A glad heart makes a cheerful face,  
but by sorrow of heart the spirit is crushed.

Proverbs 17:22 (ESV)

22 Â A joyful heart is good medicine,  
but a crushed spirit dries up the bones.

Proverbs 18:14 (ESV)

14 Â A man's spirit will endure sickness,  
but a crushed spirit who can bear?

Proverbs 28:1 (ESV)

1: Â The wicked flee when no one pursues,  
but the righteous are bold as a lion.

Slide 4:

I. Defining/Understanding What It Is  
Hebrew "spirit" = ruah = "wind"/"force"

Slide 5:  
Understanding "personality."  
Some are born with more "wind."

Slide 6:  
Common in the Bible:  
Moses  
Job  
Jonah  
Hannah  
Tamar  
Naomi  
Hagar

Slide 7:  
II. Why Is It So Serious/Critical?  
"A man's spirit will endure sickness,  
but a crushed spirit who can bear?"

Slide 8:  
The inner life is way more important than the outer life  
Ephesians 3:16-17 (ESV)  
16 that according to the riches of his glory he may grant you to be strengthened  
with power through his Spirit in your inner being, 17 so that Christ may dwell in  
your hearts through faith

Slide 9:  
III. How Does The Inner Life Become Wounded?  
I don't know?

Slide 10:  
Wisdom speaks to:  
a) Science/physical  
b) Emotional/relational  
c) Moral/Law

Slide 11:  
Physical  
"A tranquil heart gives life to the flesh,  
but envy makes the bones rot."

Slide 12:

Emotional

"Anxiety in a man's heart weighs him down,  
but a good word makes him glad."

Slide 13:

Moral

"The wicked flee when no one pursues,  
but the righteous are bold as a lion."

Slide 14:

Leviticus 26:36-37 (ESV)

36 I will send faintness into their hearts in the lands of their enemies. The sound of a driven leaf shall put them to flight, and they shall flee as one flees from the sword, and they shall fall when none pursues. 37 They shall stumble over one another, as if to escape a sword, though none pursues.

Slide 15:

IV. The Healing That Comes From Knowing We Are Truly Never Alone

Proverbs 14:10 (ESV)

10 The heart knows its own bitterness,  
and no stranger shares its joy.

Proverbs 14:13 (ESV)

13 Even in laughter the heart may ache,  
and the end of joy may be grief.

Slide 16:

Proverbs 3:18 (ESV)

18 She is a tree of life to those who lay hold of her;  
those who hold her fast are called blessed.

Slide 17:

Being Truly Known

## **B. GROUP DISCUSSION**

1) How would you define what the Bible calls a "wounded spirit?"

Psalm 51:17, Proverbs 18:14

2) Would you say that the inside life (spirit) is more important and critical than the outside life (circumstances)? Explain why or why not?

3) Use the 3 headings below to think of all the ways that an inner life can be "crushed."

a) Physical, mental, chemical, body

b) emotional, relational, feelings

c) Moral, Truth, Righteousness

4) How do you cope with the brevity and finality of this life?

5) Why do you think it's impossible for anyone to know us "all the way inside?" Does this mean we are inauthentic with everyone? And what are the implications of feeling "alone" inside?

6) How does Jesus heal the inner life? (Maybe your group can share with one another struggles with the inner life?)

7) Prayer and praise